



# INNER WELLNESS PARENTING EBOOK

Quick tips to deepen and strengthen the  
connection with your young adult





## *Courtney's quick story*

I am a wife and mother of four. As of today my kids range from 15-21.

My oldest sadly passed away in 2020 from fentanyl poisoning. He was 20 years old.

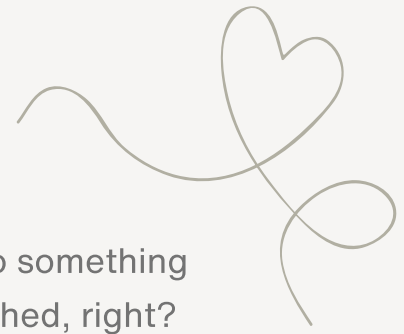
This prompted me to deep dive into coaching and help hundreds of young adults. I get to work with wonderful older kids and their families!

WELCOME

# CONNECTION



# ASKING PERMISSION



So what do you do when your older kiddo asks permission to do something they've already done? I'm talking about a parent coming unleashed, right? Oftentimes that parent is going to try to get the control back and lay into the older child. This may look like raising their voice or making threats whether they're empty or not... "I'm going to take away your phone," or "I pay for this and that..." Unfortunately, this isn't all that productive. So this is an invitation to pump the brakes. Taking a pause forces the kiddo to anticipate a conversation you're asking to have the next day. More importantly, you as the parent, can come into the next conversation in a more peaceful, calm, clear state. This increases the connection and the chances that everyone will receive the key takeaways.

# BELONGING

We all know the importance of a sense of belonging. Invitation to reach out to your older kiddo and tell them how much they truly belong in your family. Bonus, be specific! What's the magic they genuinely bring?

# CONNECTION- PHYSICAL TOUCH

I am here to remind you that our young adults need physical touch and connection. Knowing this, how can we support those kids who are isolating themselves or spending a lot of time in their room? One idea as a parent is to make an announcement that you're giving foot massages, hand massages, head massages, manicures, pedicures, whatever! You make an announcement and ask your kiddo what time you can come into their room for this service. While you're in their room giving them, let's say, a foot massage, we're not there to nag! We're not there to ask a bunch of questions either. If they don't want to talk, they don't need to. We're there to love, nurture, and connect in a way that's safe and calm.



# CONNECTION TIPS

If you're having trouble connecting with your older kiddo, here's three tips:

1. Show up as your healthiest and most authentic parenting self. This is more supportive than our fearful parent selves or triggered parent selves. Don't worry about being an awkward parent!
2. Try to distinguish between agenda and intention.
3. Think of our connections with our kiddos as pebbles in a jar...they add up and are all important, whether they're short or long, seemingly insignificant or intense.

We are here to remind you how important our consistent connections are - despite varying in frequency, intensity, and time, they're all meaningful.

## CONNECTION- SILLY



Have you connected with your young adult or your older kiddo this week in a loving way, a sweet way, a joyful way, a silly way? Let's name the importance of having different dimensions to our relationships. Have fun. Go get silly.

## CONNECTION SKILLS

This is for when your young adults come to you as parents with something they're struggling with.. a dilemma or a decision they need to make. In this scenario, they're not typically looking for your opinion. First thing to try to remember is to close your mouth. Invite them to talk while you focus on your active listening, calm presence, and eye contact. If you feel like you need to say something, how about, "tell me a little more about that." If appropriate, one question for them could be if they want to hear what other people have done in that same scenario? It can help instigate critical thinking skills and a conversation.

# DIGNITY



Invitation to finish this sentence:

I am giving my young adult the dignity to

\_\_\_\_\_.

Is it to try new things that you don't necessarily understand? Is it to allow them to do things in a different way than you? Is it to allow them to navigate a tricky situation in their own way? Is it to invite and allow them to be their authentic self? Perhaps it's allowing them to feel their emotions they're experiencing.

Let's give our older kiddos dignity:)



# FAMILY MEETING

It's a great time for a family meeting for two reasons! One, to honor all they've done this year, been through, navigated...all the challenges they got through. Number two, it's always a good time for connection! Have them go through their photos on their phone and I'll guarantee you'll get some great stories, memories, lots of laughs, and great beautiful connections. Have fun!

# DOUBLE DOWN

This is my double down strategy for older kiddos... for young adults going through a difficult time or challenging time. First off, we want to let them know we see them. Second off, let them know we are asking them to do things they won't want to do. We get it. Explain how it's a "choose your hard situation."

We're going to ask them to double down on first, their physical health. Double down on their movement and supportive nutrition. Second, we are asking them to double down on every day doing things to increase the quality of their mental health. If they don't have or know those practices to try, have beautiful and calm conversations to brainstorm. Ask them to choose one and try it...ideally two.

Double down number three- every day have your kiddo reach out to somebody who's supportive and safe to them. I'd prefer in person or a phone call rather than text but whatever is accessible to them.

Double down number four- stepping out of their comfort zone. It's going to seem counterintuitive. We will not ask them to get out way of their comfort zone right now. However, we are asking them to get to the edge of it. If that means, a minute cold shower, perfect. If it means going on a walk, perfect. Double down number five- last thing...number five is to rest, but deep quality rest, not the binge worthy kind of rest that our society likes...deep quality rest.



# INVITATION TO CONNECT

This is an invitation for you to go tell your kids just how great they are! Bonus: I can't speak for every human on the planet, but an awful lot of us feel truly seen, heard and loved when somebody follows up with them after a conversation. So our bonus would be to follow up with your kiddo about something they had going this week and open up a conversation. You could tell them how great they did, how brave they were, how authentic they were, etc.

# NOT MEANT TO BE ALONE

This is a quick reminder for the parents of young adults that whether we know what our elders are going through or not, they are not meant to go through it alone. Life's going to throw them setbacks, challenges, uncertainties, and they're not meant to do it alone. Let them know often they are not alone.



## PRESENCE

Let's talk about being present and available to your older kid. Some of us relate to having kids who want to tell us everything! I have a couple of these...we get to hear all the things, every thought process, every emotion, every experience. I love it! Then some of us, including me, also have the information hoarders. I'm left wanting more. I want to know more of what's going on, what they are feeling.

However, we don't want to change them, so I invite you this week to think about your presence when you're with them, your availability to them. Is it inviting and safe? This leaves a higher probability of even our information hoarders opening up!

## RECONNECT

Let's talk about when there's been a disconnect, perhaps a rupture in the relationship. Maybe it was in the form of an argument, an outburst from either party, parent or kiddo. Let's take a moment and honor our humanity and imperfections. Here's an invitation to reconnect and repair the connection. Let's say it was the parent that had the outburst. Well, it's time to go have a conversation with your older kiddo. There's endless benefits to naming, owning, and acknowledging your own feelings and your experience. What a beautiful chance to model how to reflect on what happened and why you were activated. Sharing this experience and this conversation with your kiddo can be impactful! This may feel like a new way, even an awkward way of talking with your kiddo. I'm still going to invite you to try it with hopes of deepening the authenticity and the connections that you all have.



# SUPPORT TIPS

Here are three tips to help support somebody who experiences depressive feelings or anxious feelings.

1. We're here to witness it and hold space. No words needed, you don't have to have the perfect thing to say. Breathe, this is not about you. Open your heart and invite them to share their experience.
2. When appropriate, remind them that they're not their thoughts, their feelings, and their sensations but we know how real their experience is.
3. It's ok to draw boundaries. For example, perhaps you go to a social event that you were excited for and they choose not to. Taking care of yourself is a must.

## FAMILY SUPPORT

This is for when family members have unsupportive comments to or about your young adult. They may be passive aggressive or more directly rude, let's support our young adults. Let's show them and tell them we have their back and they have our support.

## YOUNG ADULT CONNECTION

One idea for connecting with your young adult can be done in the morning. Share with one another your own personal word of intention for the day. You can thread it throughout your day to check in with one another. Remember, these kind of connections are small AND mighty.

## YOUNG ADULT SCHEDULED CHAT

If you have a young adult living at home with whom you're concerned about due to feelings of anxiety, feelings of stress, overwhelm, or confusion, one idea is to schedule a chat with your kiddo that's going to be safe, nurturing, and loving. In this chat, you'll encourage your older child to come up with 3 to 5 different ways to help them work through their uncomfortable feelings and experiences. During this time, I like to ask questions like, "Would you like to hear what other people are doing that have feelings of confusion in this time of life, or feelings of anxiousness?" By the end of the conversation, your kiddo will choose one of the ideas that he or she came up with. Commit to one of those for that week. Then plan a follow up:)

# CONTROL



# BACKING OFF

Does your older kiddo put a lot of pressure on themselves? Are they feeling external pressures, for example from specific people in their life or their own goals? Knowing when to push and find their grit, and knowing when to back off and lean into mediocrity is an important distinction when our kids are in the mental pressure cooker. There are times to not pour our heart and soul into something. This can be a beautiful learning process of intention setting and priority setting. Giving our best into everything at the wrong times is not good for their soul, health, sleep, relationships, nervous system, or self-worth.

# CONTROL 1

Do you like to control things as a parent of older children? Are you part of the control club? Letting go of that control can be really scary. I want to honor that. How about for this week, you pick one thing where you might loosen your grip a bit. Maybe release your need for control... just a little. It doesn't need to be some big shift. Just a little. I believe in you.

# HEATED

How about one idea for when things are a bit heated. We may be in what I would call a “contraction” with our kiddo or when things are getting edgy. Well, it’s simply not the best time to engage. We will definitely not ignore our kid and we will not play mind games, but it's not a great time to try to resolve or repair the rupture. So what to do at this moment? It might be a hug, even if they're not hugging back. How about a, “Let's talk about this later.” Another one that I've used is, “I love you too much to argue about this right now. We'll talk later.”

# PATTERNS

I am so proud of many parents becoming aware of their old patterning and what role it plays in our parenting. Parenting from our triggers and fears may look like critiquing their older kid on how they're doing something, it may feel sensitive for not being told things, it could be feeling scared they will disappoint you out in the community, and so on. Let's flip it on its head and genuinely elevate them for how they are doing something. Is it super creative, maybe a way that you've never thought of? Maybe they are doing something in a more efficient way. Whatever it is, this is an invitation to be your most authentic parent and elevate them!



## YOUNG ADULT RESPONSIBILITIES



Do you have a young adult living at home that's between high school and post high school? Two cool things you can do to help them with this transition from childhood to adulthood:

1. Put them in charge of something around the house that's going to affect them and the family. For example, a couple of meals a week that they're in charge of planning, shopping, putting together, or putting them in charge of planning a family trip. There's lots of fun and creative ideas for that one.
2. Watch family videos from their childhood, look through pictures. Sometimes they don't even know that they're mourning or grieving their childhood due to adulthood looking scary and overwhelming. It's a fun process to do together ...look back to their childhood with fondness.



# EMOTIONS



# ANXIETY

Here are a few ideas for when anxious feelings are pretty intense for your young adult:

1. Invite them to tune in to their senses... what can they experience? What do they see, smell, etc.
2. Invite in intentional breath cycles, inhaling through their nose and out through their nose. This may be challenging, and if it doesn't feel supportive, let that go and simply focus on their exhale.
3. Lean up against a wall, having them feel like something's supporting them. While leaning on something sturdy, let's invite inhaling for two breaths in and then a long exhale. Bonus, make a long and loud physiological sigh.
4. Focus on something safe in their environment, continue to stare intently at an object as they begin to tap into any feeling of safety in their body, even if it's just a toe or a knee.



# ATTENTION ISSUES TIP

Does your older kiddo have attention challenges?

It's real! I understand! We know there's a whole spectrum on this subject, so we don't need to label anything. I'm just here to tell you one thing that works for me.

I have a large board and each week I put my tasks on colorful sticky notes on this board. As I complete a task, I get to rip off the sticky note and toss it away! Bam. Great for the visual learner with attention issues!

# BREATHING227

As a Trauma Informed Breathwork Facilitator, I have a breathing technique for you to find your energy and to find your calm. We call it the 2-2-7 breathing technique.

If you are looking for energy, here is your invitation to inhale for two breaths. You're going to inhale and inhale again at a quicker pace- one into your belly and one into your heart. Then hold for a count of two. This will be followed by a big long audible sigh for a seven count. Repeat 5-7 times.

Here is how to use this same breath pattern to find your calm. It'll be the same 2-2-7 count, just a bit different. You'll inhale twice again, inhale and then inhale again, this time a slower pace. You'll then hold gently at the top for a count of two. You can finish this breath cycle out with a relaxing exhale out of your mouth for a count of seven. Repeat 5-7 times, each time deepening into a genuine relaxation.

## DEPRESSIVE FEELINGS

This is for those young adults feeling some depressive feelings:

1. Are you witnessing those feelings, honoring them, allowing, naming, feeling them?
2. Do you have a healthy way to interrupt these patterns? For example, dance, music, movement, journal, or breathwork?
3. Let's live out! Can we be of service to somebody this week? How can we show somebody we care about them? How can we help somebody who needs some help this week? Let's serve in order to get out of our head.

# DISAPPOINTMENT

How hard are you working right now to prevent any disappointment in your kiddos life? There's no shame, blame, or judgment here. We as parents do this for many reasons, some deeply rooted reasons. Perhaps we could flip this practice on its head and ask, "What opportunities are we robbing them of? What skills are we robbing them of? What gifts of theirs are we robbing them of?"

They may be missing impactful opportunities filled with growth, self regulation, self worth, and more!

# EMOTIONAL SAFETY

This is a core need of our kids!  
This is for the parents of young adults who want to give their older kiddo emotional safety in order for the kiddo to come to them, continue to talk to them, and share things with them. Yes, we need to build that emotional safety. So here's four tips:

1. talk less, listen more. Just listen.
2. be okay with the silence, there's power in the pause.
3. be aware of any facial expressions that may be perceived as judgmental.
4. remember that you don't have to understand or agree with them in these moments

# EMOTIONS

Here's a invitation for parents to reflect on. Are you allowing your older kiddos to truly feel their emotions and process their emotions? Bonus: help them recognize, realize, and become aware of their own specific, unique processes of these emotional experiences.

Are we really allowing our kiddos to feel their emotions or are we teaching them to not feel them? Time to reflect.



# FEAR

Do you have a young adult who is afraid of becoming an adult? It's common and for many reasons, some complicated. Many of our kids aren't seeing the adults around them struggle. What happens In this scenario Is they have a rosy picture of adulthood where there's no bad days. These kiddos aren't seeing the normal level of discomfort, hardships, tough times. This is your invitation to model having hard conversations, showing vulnerability, and being true and authentic about your day to day experiences in an appropriate way.



# HOLD SPACE FOR EMOTION

Here's a new perspective on something that's been really impactful for me in all that I do! What if you have a kiddo that's acting out, maybe really pushing you? What if they are asking you to witness their emotions at this moment? Invitation to understand they need their overwhelm, stress, anxiety, confusion, grief, loneliness, etc to be seen, heard, and witnessed. What if your job is to receive and hold space??

# LACK OF MOTIVATION

Do you have a kiddo at home who's showing lack of motivation and showing interest in very few things? It can be hard, scary, and confusing. One idea is to hold a safe, loving, calm conversation inviting them to choose one thing this week to go do, see, or try. A couple of reminders about this brainstorming conversation: we don't want to put our interests or desires onto them (just because you love biking downtown doesn't mean your kiddo has to), there are no parameters around what they will do (time frame, etc), and we won't attach any agenda to what they decide.

Here are a few ideas that have worked with my kids and with my clients: a dog walk on their own, frisbee in the park with a friend, going on a drive to see a new area, work or read at a coffee shop, or cleaning their car. This strategy is simply about them going out once a week doing something they choose.

# PRESSURE

Have you ever said to your older kiddo, "You are my happiness?" How about, "You are my life. I am living for you." Any any version of these.

It sounds so lovely and loving, doesn't it? Well, let's pump the brakes. I invite you as a parent to really think about the pressure that is putting on the other person, the receiver, the older kiddo.

# RELATIONAL SAFETY

I got a fun exercise for a some relational safety and relational intelligence. All humans want to feel seen, heard, understood, validated. Are we clear on how either our partner, ourselves, or our young adults feel that way? Are we clear on how to support them to feel seen, feel heard, feel validated, feel understood? It's going to look different for everybody, right? I have four kids and we needed to learn to ask supportive questions like, "What does it look like and feel like for you to feel seen? What does it look like and feel like for you to feel really understood, validated, heard?" Maybe the first step is asking yourself these questions and getting clear on how you yourself feel all those beautiful, supportive things. Then have fun asking your older kiddos!

# SHAME

Let's talk about using shame as a parenting strategy. Oftentimes, parents are using shame because we think we're helping them or we're trying to influence them to change or modify a behavior. Well, invitation this week to learn and implement a healthier, more supportive parenting strategy so that we don't negatively affect their self-worth or negatively affect the relationship that we have with them.



# SOCIAL SITUATIONS

Is your older kiddo having to navigate social situations, maybe their friend groups, maybe new friends, perhaps old friends where things have shifted? There's three things that we can talk to our kids about. The first is asking them how they FEEL when you're with these people? Let's remind them that 5% of their knowledge is in their mind, 95% is in their body. So how do they feel...safe? Supported? The second thing is to talk about healthy boundaries...if they had to draw boundaries, what would they be? This gets them to practice the art of building boundaries. Finally, we can ask them how truthful to their authentic self can they be with this person or with this group of people?

These questions help our kiddos think about how they feel in their body, the art of building and asking for boundaries, and invites them closer to their truthful and most authentic self.



## STRESSED, CONFUSED, OVERWHELMED

Do you have a kiddo right now who's using the words, “stressed out” or “confused” or “overwhelmed”? One idea is to create a safe space and when they are in a more peaceful mode of being, less defensive, open up a conversation asking them how much uncertainty they are feeling and experiencing.

Oftentimes this uncertainty leads to our older kiddos feeling this pressure and these uncomfortable feelings. You can say something like, “It sounds like you feel many things are out of your control and you feel a bit too much uncertainty. Are you willing to talk about what you *do* know?” This may take some time but eventually they can get clarity on what they don't want to do, who they don't want to be with, a place they don't want to go to, etc.

So hopefully with this loving, calm conversation, a bit of clarity lowers the uncertainty that's causing some feelings of stress.

# WORRIER

This is for the worriers of the world. How well do you worry? Are you in the worry basement, so to speak? The worry basement is for when we are worrying about things that no individual can control. Unproductive worry can keep you in this cycle, The Worry Cycle. So what's productive worry look like? It can be helpful! It can encourage you to take action because it's something that we can actually control. We invite you to take stock. What kind of worrier are you?

## YOUNG ADULT BREAK UP

Do you have a young adult going through a breakup? I have a couple of ideas for you. One, I encourage you to open up the conversation about grief. Grief is a change that we don't want. All of us humans go through this emotional process multiple times in our lives, but it's rarely talked about. The second thing to remember is there's no need to fix anything, no problem to solve or distract from. The best thing we can do for our kiddo during this breakup is to hold space and sit with their emotions, which is not easy.

## YOUNG ADULT ISOLATION

Are you witnessing your older child isolate themselves even though they're feeling lonely? It can be very scary as a parent. When the defenses are down and the environment and the feelings are neutral and peaceful, tell them what you're observing, what you're seeing. If you're comfortable, you can share a time of your life when you were lonely. The intention of this vulnerability is to spark a safe conversation about what they are going through and letting them know they aren't alone in this experience. During this conversation, make it very clear that you're not going to push your child way outside of their comfort zone, however, you will invite them to take baby steps of action. It could be something you both do together outside of the home, depending upon your relationship. This is a nice and supportive way to brainstorm and get some action planned for outings.



# HIGHLY SENSITIVE



# HIGHLY SENSITIVE

This is for you all who have deeply feeling kiddos or highly sensitive people in your house. Invitation to try something other than tough love with your parenting; perhaps it's more of a strategy that we like to call "Time to Find Out More Information." Make a date reminding them it'll will be a time to feel love, support, and connected. Ask them to share 3 emotional experiences they are navigating currently. You get to listen, even hold the questions. This is yet another opportunity to learn their model of the world and their emotional processes. After validating their feelings, the next question could be something like, "How do these experiences influence your behaviors, your choices?"

Again, listen. You may just get a deeper understanding of your kiddo and they of themselves.

This is for the parents of older kiddos that are highly sensitive or deeply feeling kiddos. I'm going to give you four quick things to think about.

1. Can you think of their sensitivity as their superpower, can you embody that?
2. This is a strong invitation to not name-call. For example, "overly sensitive" or "dramatic," etc. These can be hurtful.
3. It can be helpful to know when your young adult is having an emotional experience that's overwhelming. Do you know what to do to support them in real time, at that moment?
4. Do you have ways you're helping them through their own unique processing in a calm and safe way? It's a great way to help them with emotional naming and inviting them to feel it. Furthermore, it can help them to understand their unique processes.



# RESILIENCE





# COURSE CORRECTIONS

This one's for families who are feeling a little flat, maybe a little stuck. There may be dynamics that are no longer serving, no longer supportive. There may be people who are burned out and tired and it's affecting their family connections. This may be a time for course corrections with our older kids but let's start with some family time, even if kids are living out of the home. There are lots of different ways to do this! Get creative! You will reignite your bonds, you will remind each other just how great your family is, how great you guys are together, and how much you all have done together. It's a time to share memories in a creative way, including remembering small conversations that were impactful, times of great laughter, times of great adventure, etc. The only rule is no "butts" at the table:) (For example, "butt then we got into a fight and it ruined the dinner.") Only "yes, ands" .... additions to how great each of you are together and what you've been through.

## CRITICAL THINKING

One crippling reality is that our young adults' stimulation is up but their critical thinking is down. So this is an invitation for parents to support your older kiddos critical thinking skills. It can help them be self-aware, help them understand their own mental processes. We can do this with open ended questions offering different perspectives. Great place to start!

## DECISION MAKING

Do you have an older kiddo who has a hard time making decisions, big or small? One way to help them build their decision making skills is to ask them questions, keep turning it on them. You could start with, "That's a really good question. I'm wondering what you're thinking about that " or "Tell me your thought process." Sometimes I just say, "Interesting." I then pause because remember, friends, the power of the pause. It allows them to go a little deeper, so it allows them to tap into their own knowledge or intuition in order to build the practice of decision making.



# GOALS

Do you have an older kiddo who has a specific goal that they're having a hard time reaching? This could be a high goal, low strategy situation. One conversation can be to ask your kiddo which behaviors of theirs are getting them closer to their goal and which behaviors are getting them farther away from your goal? Bonus- parent, share a time where you can relate to this!

# MOVEMENT

We all know this one reality of our emerging adults: anxiety is up and movement is down. We know mental activity is up, social media and things, but physical activity is down. We also know that when our young adults are active, chemicals like dopamine, serotonin, and endorphins get released. This movement increases our feel good neurotransmitters. One doctor says that the anxiety in this generation is up 300% and depression up 400%. Let's get our kiddos moving. So how do we do this? It's not just about minimizing their mental activity through social media but balancing it out with some physical movement.

# PROCRASTINATION 1

Do you have a procrastinator? We had to face this as a family for a bit.

Here's what we did:

1. Do the hard things first things. Do them in the morning!
2. If it takes less than five minutes, do it now!

Have fun!



# RESILIENCE TIPS

This is for parents looking to increase their kids' resilience. I have six points here that can help.

- #1 You can't until you can. This is about getting as many resilience data points as possible, like marbles in a jar. Let's call it the hero jar. Every time you step out of your comfort zone, you put a marble in a jar, figuratively or literally. Every time we step out of our comfort zone, we're telling ourselves just how resilient we are.
- #2 Work hard. Even if it's hard or boring. Show up. Show us what you're made of. Show us what you're capable of.
- #3 Know your values. We all need this true north, like a vision statement and a set of values and principles that can help you make your decisions.
- #4 Fall forward. In the midst of setbacks and obstacles, get moving and lean in. Failure is success in disguise. How do we become a person with true resilience that uses fear as fuel and not a paralyzing tonic? You get moving. You take action. Courage is not the absence of fear. Courage is to take action in the presence of fear. So after a perceived failure, keep your confidence up. Step up your self-belief. Keep bouncing back. Failure is only failure if it takes you down.
- #5 Daily routines and rituals. Real change happens with structure.
- #6 Self-discipline. Discipline equals freedom. Make a decision to do more, be more. Show the world your absolute potential. Leave your mark. We all want to see it.

The world needs you at your best!



# SETBACKS

We are going to talk about the fact that your older kiddos will go through setbacks, obstacles, challenges, perceived failures. Let's talk about two questions:

1. Are you working on building the skills that will help your kiddo navigate through these times?
2. Are you constantly reminding your older kiddo of the times they did navigate well and they did make it through the small setbacks or maybe slightly larger challenges? They need to remember they can do it and that they will continue to as those hard times arise.



# YOUNG ADULT MONEY

This is about how to teach your young adult about money and how to be money wise. I went to my own financial advisor and she gave three tips to help your young adult be financially wise:

1. learn to save, even if it's \$25 a paycheck. Learn to save.
2. live within your means, otherwise, you get bitten in the you-know-what.
3. don't get a credit card until you have the discipline to pay it off.

Those are three tips to begin to coach your kiddo to be financially wise.

SELF





# PURPOSE

In order to feel fulfilled, we all need to feel we have a purpose. If you're one of those right now that purpose is unclear, I see you. Maybe this time feels confusing or like a messy middle. What if it's not? What if it's part of the whole journey? What if every day you wake up and do your best to serve yourself and others and that this is leading you to where you want to go?

# REST

There is a lot of pressure on our older kids. When they come to visit, let's remember that. Let's create a safe, warm, loving environment for restoration. This is an invitation to allow them to rest in whatever way when they get home!

# REWORD

Quick reflection! We would like you to think how often you're saying to your young adult, "You should..." or "You need to..." Can we use different verbiage? Can you reword it? Can you ask a question instead?

# SELF CHECK

This is simple and quick and invites a brief pause for self reflection. This is for when there is not be time for a conversation, but we want a pulse of how our kids are. We ask for a 1-5 rating on mental health. Then when time allows and hearts are open, we can later chat about their answers.

# SELF FORGIVENESS

This is an invitation for parents of older kids to forgive yourselves for when we have said something or done something from a more unhealed part of us, as opposed to working from our healthiest self. So invitation to forgive yourself, even just 1% today.

# SELF SABOTAGE

New seasons can bring new ways your kiddo may sabotage themselves. New seasons can bring new goals, new projects, new jobs, new relationships. Perhaps they're ending something, like graduation or starting something like a new job. What a great time to talk about self sabotage! I have two questions I ask myself at these times:

1. What are three ways I may sabotage this new job, this goal, this project?
2. What are three contradictory actions I will take to these self-sabotaging behaviors?

I genuinely reflect on these every time I commit to a new certification or join a group. It helps me get clear on my sabotaging patterns!

# SELF WORTH

Are you or your older kiddo struggling with self-worth? I have a strategy called Lean Two. This has been very helpful! Have them pick a timeline, maybe a month, 3 months, etc. In the time from now until then, they are going to pick two things that they are going to put max effort into. We've seen many positive outcomes from this. Some of the intentions are to remind themselves of the grit that they do have inside of them and to find their focus. They get to see, feel, and experience the ripple effect of putting max effort into something. So here's an invitation for your older kiddo to feel empowered and pick two things to put max effort into for a little bit of time and see what happens.



# TAKE SOME TIME

This is about when you're in conflict with your older kiddo. This is a strategy called Take Some Time. When one of you notices you aren't working from your healthiest self or the conflict is becoming unproductive, this person is going to ask for a little break, 30 minutes. After 30 minutes or so, this same person will come back for the repair or the re-engagement. The small pause has allowed some of the cortisol to be metabolized and perhaps one or both has become clear on what you're trying to communicate.



# TRANSITIONS

Many older kids are in some type of life transition- moving, changing jobs, relationship changes, etc. Some of our kids can be pretty graceful during a big change...and then we have the others. If you've got an older kiddo that, even since they were littles, struggles with change, I get it. This can be for a lot of different reasons. We want to be observant, intentional, and even conversational about an upcoming change. Maybe they're moving out, maybe they're moving back home, perhaps they're ending something or starting something. All these changes can be tricky for some, even if it's things they want. It's a good time to observe, listen, play detective. It's also a great time for open conversations. Another gorgeous opportunity to connect:)